

*Family*wellness

SUMMER 2023

PROGRAM GUIDE



@familywellnessfargo

TABLE OF CONTENTS

Company Background

| | |
|---------------------|---|
| Company Story | 3 |
| Mission..... | 3 |
| Registration | 3 |

Youth Programs

| | |
|---------------------------------|---|
| Childcare & Family Events | 4 |
| Youth Camps | 5 |

Swim School

| | |
|----------------------------------|---|
| Swim School | 6 |
| Level & Class Descriptions | 7 |
| Swim School Schedule..... | 7 |

Adult Programs

| | |
|--|----|
| Healthy Cooking Classes - Kids, Family & Adult | 8 |
| Fitness Programs - Youth & Adult | 9 |
| Group Fitness | 10 |
| Wellness Programs | 11 |
| Safety Education | 11 |
| Personal Training | 12 |

INspire Wellness Initiative

| | |
|-----------------------------------|----|
| Upcoming Fundraising Events | 13 |
|-----------------------------------|----|

Please visit familywellnessfargo.org for the most up-to-date facility guidelines and announcements. All programs and events are subject to change.



COMPANY BACKGROUND

Sanford Health and the YMCA of Cass and Clay Counties: A Partnership for Community

Sanford Health and the YMCA of Cass and Clay Counties partnered to bring a wellness facility like none other to the Fargo, Moorhead, West Fargo and area communities. Family Wellness combines the values of the region's most recognized family fitness organization with the region's largest health care system. Together, these organizations share the gift of wellness. Family Wellness offers the resources to inspire the best in each of us and a place to share our experiences with others.

Inspire Wellness Initiative

As a nonprofit organization, Family Wellness is dedicated to impacting the health of children, adults, and families in our community. Through the Inspire Wellness Initiative, we provide innovative need based wellness programs to help people cook well, move well and live well for life.

Mission

The mission of Family Wellness is to inspire healthy lifestyles by connecting people in a fun environment.

Registration

Register for any of our Summer 2023 program offerings starting April 10 for members, or April 17 for non-members.

Register at www.familywellnessfargo.org, at the Front Desk or call 701-234-2400.

CHILDCARE & FAMILY EVENTS

Drop In Childcare

Drop In Childcare is available for members and non-members ages 2 weeks through 9 years old while a parent/guardian is in the building. With an indoor play structure, an outdoor play structure (weather permitting) and a screen-free zone (no TV, movies or video games) it is all about play and activity! A childcare visit or a membership with childcare must be purchased at the front desk prior to entering the childcare area.

Childcare Events

Parent's Day Out

Tuesdays | June 6, July 11, August 1 | 9:30AM - 12:30PM

Need to get stuff done? Drop off your kids in the Family Wellness Childcare from 9:30AM to 12:30PM for some time without your little helpers. Sign up by noon on Monday prior to the event. Parent's Day Out is located in Childcare at Family Wellness for ages 2 weeks to 9 years. Bring your own diapers and nut free snacks.

\$15 members | \$20 non-members

Parent's Night Out

Fridays | June 9, July 14, August 4 | 4:45 - 7:45PM

Need a night out? Drop your children off at Family Wellness for a date night or just a night to yourself! Pre-registration is required and space is limited. Sign up by noon the Friday prior to the event. Parent's Night Out is located in Childcare at Family Wellness for ages 2 weeks to 9 years. Bring your own diapers and nut free snacks.

\$15 members | \$20 non-members

Child Developmental Screenings

Thursdays | June 15, July 20, August 17 | 8:30 - 10:30AM

Pediatric Therapy Partners provides free child developmental screenings at Family Wellness! The first years of your child's life are important and filled with many developmental milestones. This opportunity will help identify any concerns and can connect your family with tools and resources that may benefit your child. Results can be provided confidentially in-person or over the phone by Pediatric Therapy Partners.

Free for members

For more information, visit www.familywellnessfargo.org/youth-family/childcare OR contact Jessi, Childcare & Youth Programs Manager at 701-234-7450, jessica.kasprzak@sanfordhealth.org.



SUMMER CAMPS

Family Wellness offers week long camps from May 31 – August 18 for children ages 5-11. From cooking and crafts to sports and outdoor time, our summer camps offer a unique experience for your campers! Summer Camps are Monday – Friday from 9:00AM – 4:00PM with before and after care available for additional fee. Financial Assistance is available.

Mission Impossible Camp: May 31 - June 2 | Let's get summer started! This 3-day camp will kick off summer with fun challenges, obstacle courses, and secret missions. Will you be able to beat the impossible?
\$120 Members | \$135 non-members

Kids in the Kitchen Camp: June 5 - 9 | It's time to get cooking! Join us for a week filled with cooking lessons and recipes. Campers will learn proper knife skills, try new foods, and so much more!
\$195 Members | \$215 non-members

Camp Olympics: June 12 - 16 | Basketball, soccer, and swimming, oh my! Campers will experience all aspects of the game in a positive and encouraging environment with new and old sports. Let's work together to create a fun, sports-filled week!
\$195 Members | \$215 non-members

Tropical Paradise Camp: June 19 - 23 | Tropical Paradise means a week filled with surf boards, tiki torches, and leis. Campers will enjoy the summer weather with a variety of water games and paradise-themed crafts and activities.
\$195 Members | \$215 non-members

Camp Creativity: June 26 - 30 | Let's get crafting! Join us for a week filled with arts & crafts that will get your creativity flowing. Every day, campers will get to create something new using a variety of supplies including recycled materials.
\$195 Members | \$215 non-members

Baking Buddies Camp: July 10 - 14 | Grab a buddy, and let's get baking! Campers will learn baking skills and try new flavors all while having fun with friends. From cookies to ice cream and healthier options in between.
\$195 Members | \$215 non-members

Jungle Week Camp: July 17 - 21 | Welcome to the Great Outdoors! We will spend the week exploring outside. What plants, animals, and bugs can we find?!
\$195 Members | \$215 non-members

Out of this World Camp: July 24 - 28 | BLAST OFF! Let's spend the week thinking like an alien. Campers will get to conduct science experiments, learn about the universe, and get creative!
\$195 Members | \$215 non-members

Camp Splash: July 31 - August 4 | Time to make a splash! Camp Splash will be filled with outdoor fun, water games, and plenty of pool time. Join us for the fun!
\$195 Members | \$215 non-members

Super Heroes & Villains Camp: August 7 - 11 | Can a hero be a hero without a villain? Let's find out in Heroes & Villains Camp! This week will be filled with super heroes, Disney characters, and so much more.
\$195 Members | \$215 non-members

Camp Summer Rewind: August 14 - 18 | Summer is almost over. BUMMER! Let's celebrate the final week of camp with games, fun, and an end of the summer party. We will make sure to include all of the summer favorites again this week!
\$195 Members | \$215 non-members

NEW: Swim School Add-On | Register for Summer Camp and swimming lessons all in one! Now offering an add-on option to purchase lessons during our daytime Swim School sessions each week that camp is offered. **Additional charge of \$50/session for members and \$100/session for non-members.**

Financial Assistance is available. For more information, contact Jessi, Childcare & Youth Programs Manager at 701-234-7450, jessica.kasprzak@sanfordhealth.org.



SUMMER SWIM SCHOOL

Family Wellness Swim School

Family Wellness Swim School takes pride in our exciting water-safe program, where each child progresses at their own pace. Through positive reinforcement, practice and patience, students learn water-safe swimming skills while having fun. Lessons are offered for everyone ages 6 months through adulthood. Classes are structured by age and ability to accommodate varying skill levels within each age group. Student to teacher ratios are 4:1 except for Parent/Baby and Parent/Child classes which are 6:1. Our goal is to teach your child in a fun and safe environment that builds confidence, self-esteem and a feeling of accomplishment. **Registration for Summer Swim School opens March 27 for members and April 3 for non-members. Cost for summer lessons is \$50 for members and \$100 for non-members.**

Adult Swim Team

Designed to give participants a challenging water workout while also working on stroke technique. Participants should know basic front crawl and backstroke. This class meets Tuesday's and Thursday's from 7:00 - 8:00PM.

Free for members | \$5/class non-members

Private/Semi-Private Lessons

This is a great option for students to receive one-on-one attention and extra practice to refine skills. Instructors will communicate with parents to ensure the class is working towards agreed upon goals. Semi-private lessons may have two to four kids. It is recommended the students be close in skill level so the instructor can tailor the lessons to the skills of all participants. **Lessons are scheduled by arrangement and the cost is \$40/30-minute lesson for members and \$80/30-minute lesson for non-members.**

Adaptive Swim Lessons

These one-on-one lessons are for swimmers with special needs and are tailored towards the skills of each participant. Instructors will communicate with parents to ensure the class is working towards agreed upon goals. **Lessons are scheduled by arrangement and the cost is \$20/30-minute lesson for members and \$40/30 minute lesson for non-members.**

Questions? Please contact Aquatics Manager, Todd Peters, at todd.peters@sanfordhealth.org, 701-234-6960 to arrange private, semi-private or adaptive lessons.

SWIM SCHOOL LEVELS



Parent/Baby (PB)

Parents learn to properly hold their 6-18 month old baby while working on floating, submerging, hand/eye coordination, and strength through games and songs.

Parent/Child (PC)

Toddlers ages 19-35 months. Parents learn to work with their child on floating, breath control for submerging, climbing out of the pool on their own, and muscle strengthening.

Level 1: Guppy

Children can begin to get comfortable in the water independent of their parents by learning to move through the water and submerging their head under the water.

Level 2: Starfish

Kids will become more confident and comfortable in the water independent of their parents by learning how to float on their front and back, roll from front to back, and to independently kick on their back.

Level 3: Froggie

Participants will build on their independence in the water by swimming greater distances. They will learn to transition from swimming on their front to their back with ease.

Level 4: Turtle

Participants work on swimming under water, learning defined backstroke and front crawl, and breaststroke kicking.

Level 5: Otter

Students will swim further distances in backstroke, front crawl, and elementary backstroke and learn breaststroke and dolphin kick.

Level 6: Seal

Students will increase their strength and endurance by swimming multiple lengths of front crawl and backstroke with flip turns as well as working on breaststroke, butterfly, sidestroke, and elementary backstroke.

Level 7: Shark

These experienced swimmers will swim multiple lengths of the four competitive strokes: front crawl, backstroke, breaststroke, and butterfly while using the proper turns and underwater components for each stroke. Students who successfully complete the Shark class will be prepared for competitive swimming or entry into a lifeguard certification course.

Summer Swim School Schedule

Cost for summer lessons is **\$50 for members** and **\$100 for non-members**. All summer classes are 30 minutes long. Check **www.familywellnessfargo.org/youth-family/swim-school** for up-to-date detailed class offering information

Session Dates:

Evening Session 1: 1 Night per week for 5 weeks

- Tuesdays 4:00 - 7:00PM | May 30 - June 27
- Wednesdays 4:00 - 6:00PM | May 31 - June 28
- Thursdays 4:00 - 7:00PM | June 1 - June 29

Evening Session 2: 1 Night per week for 5 weeks

- Mondays 4:00 - 6:00PM | July 10 - Aug 7
- Tuesdays 4:00 - 7:00PM | July 11 - Aug 8
- Wednesdays 4:00 - 6:00PM | July 12 - Aug 9

Day Sessions: 5 days a week for 1 week | 9:00 - 11:30AM

- Session A | June 5 - 9
- Session B | June 12 - 16
- Session C | June 19 - 23
- Session D | June 26 - 30
- Session E | July 10 - 14
- Session F | July 17 - 21
- Session G | July 24 - 28
- Session H | July 31 - Aug 4
- Session I | Aug 7 - 11
- Session J | Aug 14 - 18

Questions? Please contact Aquatics Manager, Todd Peters, at todd.peters@sanfordhealth.org or 701-234-6960 to arrange private, semi-private or adaptive lessons.



HEALTHY COOKING

Adult Healthy Cooking Classes

Instapot 101: Indian Cuisine

Tuesday, June 20 | 6:00 - 8:00PM | Ages 16+

Learn to make this warm, comforting and traditional dish that showcases the flavors of Indian cuisine.

\$15 members | \$25 non-members

Meatless Monday

Tuesday, June 27 | 6:00 - 8:00PM | Ages 16+

In this class you will trade your typical meat and potato dinner for something tasty - minus the meat!

\$15 members | \$25 non-members

Gluten Free Goodies

Tuesday, July 11 | 6:00 - 8:00PM | Ages 16+

Treat yourself to some absolutely delicious gluten free goodies.

\$15 members | \$25 non-members

Kids Healthy Cooking Classes

Patriotic Fruit Pizza

Monday, July 3 | 10:00AM - 12:00PM | Ages 8-15

Fruit pizza is always a favorite summertime dessert. We will practice dicing fruits, mixing the "sauce" and creating the crust in this healthier version of fruit pizza.

\$15 members | \$25 non-members

End of Summer Surprise

Tuesday, August 22 | 10:00AM - 12:00PM | Ages 8-15

Saying farewell to summer is never easy. Join us for an end of summer surprise featuring a few of our summer favs!

\$15 members | \$25 non-members

Back to School Bananza

Tuesday, August 29 | 10:00AM - 12:00PM | Ages 8-15

It's almost time to head back to school so you know what that means..... Banana splits! Join us for a banana split bananza. Trust us you won't want to miss it!

\$15 members | \$25 non-members

Baking Bootcamp

June 5 - June 9 | 6:00 - 8:00PM | Ages 8-15

These lessons will advance your child's baking competency as well as continue proper kitchen etiquette and technique.

\$75 members | \$125 non-members

Family Healthy Cooking Classes

Fruit Salad 101

Tuesday, May 30 | 2:00 - 4:00PM | All ages

What's a better way to kick off summer than a refreshing fruit salad? Join us for a colorful and cool afternoon.

\$75 members | \$115 non-members

Family Dinner: Taco Night

Tuesday, June 13 | 6:00 - 8:00PM | All ages

Let's TACO' bout a party! Join us for family taco night.

\$75 members | \$115 non-members

Smoothies and Bowls

Tuesday, July 18 | 6:00 - 8:00PM | All ages

What's better than a smoothie?... A smoothie bowl! In this class you will create a beloved classic and the latest trend.

\$75 members | \$115 non-members

For more information about Healthy Cooking Classes, visit www.familywellnessfargo.org/wellness/healthy-cooking OR contact *Tori, Community Cooking Coordinator* at 701-234-8162, tori.lee@sanfordhealth.org.

FITNESS PROGRAMS

Youth Fitness Programs

Introduction to Youth Fitness

Tuesdays & Thursdays June 6 - August 17 | 1:00 - 2:00PM | Ages 9-12

Join us for an introduction to youth fitness in a fun environment! These sessions aim to introduce many foundational movements and exercises that will develop a foundation to build on for a lifetime while establishing great technique and efficient movement in primary exercises and drills that will ensure safety and optimal results. Our trainer will also provide information on nutrition and the role it plays as children grow and develop. 20 sessions total.

\$100 members | \$150 non-members

Introduction to Sports Performance

Monday, Tuesday & Thursdays June 5 - August 18 | 8:30 - 9:30AM | Ages 9-12

Learn the basic progressions to enhance speed, agility, and change of direction to become a well-rounded athlete in our Intro to Sports Performance Camp! These sessions concentrate on the foundational movement patterns of squatting, pushing, pulling, and hinging with the goal of developing great technique starting with unloaded exercises and progressing when ability and form allow. Become a more efficient mover that includes better mobility, stability and flexibility which will help reduce injuries and increase performance. 30 sessions total.

\$175 members | \$225 non-members

Adult Fitness Programs

Hunting Fitness & Conditioning Prep

Mondays & Wednesdays June 5 - August 31 | 6:00 - 7:00AM or 12:00 - 1:00PM | Ages 16+

Are you planning and preparing for a fall hunt in western North Dakota or beyond? Planning to pack-out that dream bull elk from rough terrain? Have a long-distance hiking trip planned this year? This program is designed specifically for you to prepare the body and mind for the miles, altitude, and terrain you want to tackle. It's time to kick it in gear for this 12 week program that will test your body and get you into shape so you can focus on enjoyment when it's go time. Equipment provided, hunting pack recommended. 24 sessions total.

\$150 members | \$200 non-members

Movement for Men

Mondays in June, July & August | 7:00 - 7:30AM | Ages 18+

This class is geared towards those individuals that are tired of the aches and pains they experience doing everyday movements at work and home. In this program you will learn and perform many stretches, mobility and corrective exercises, as well as learn progressions in the foundational movements to get you moving and feeling the way you should. After this class you will not only be feeling better while performing everyday tasks, but you will have the tools to continue to work towards becoming a better mover on your wellness journey.

FREE for members

For more information, contact Matt, Fitness & Wellness Programs Manager at 701-234-7643, matthew.bauman@sanfordhealth.org.

GROUP FITNESS

Group Fitness Classes

Fitness comes in all shapes and sizes, and whether you're new to exercise or are a workout regular, Family Wellness has something for you. Our group fitness schedule features classes every day of the week and include popular formats like BODYPUMP, Zumba, Cycling, Barre, Yoga, HIIT, and many others. All classes are free for members unless indicated on the schedule. All Group Fitness classes and events are for ages 15+.

Group Fitness Events

Woofapalooza - Outdoor Dance Party

Saturday, June 17 | 9:30 - 11:00AM

Come wag your tail with us in our outdoor courtyard! We will have many of your favorite dance instructors from Family Wellness showcasing at this event. We ask that you bring new or gently used pet supplies that we will be donating to 4 Luv of Dog Rescue.

Free for members with a donation

Yoga on the Vine

Tuesday, June 20 | 5:30 - 8:00PM

Family Wellness has teamed up with Bear Creek Winery to craft a relaxing and fun event of Yoga & Wine Tasting! Following a relaxing 55 minute yoga class enjoy a light meal of salads and cheese combined with educational wine tasting and some local artists and makers displaying some of their beautiful work for purchase. Must be 21+ years old to attend and participate.

\$55 for members | \$65 non-members

Meditation Around Town

Tuesdays | June 13, July 11, August 8, Sept 12 | 6:30PM

Meditation Around Town is a free, monthly meditation that is offered to the public and will be held in a different location around the Fargo-Moorhead area each month. The meditations will be led by local people who enjoy quieting the mind and exploring the inner self. No meditation experience is necessary to participate.

FREE for members and non-members

Y12SR Meeting/Yoga Class offering

Third Thursday of every month | 5:30PM - 7:30PM

Held at Soul Solutions | 1801 38th St S, Fargo, ND 58103

Y12SR (Yoga 12-Step Recovery) meetings to be held at Soul Solutions Recovery Center. They begin with a 12-Step Recovery meeting where participants are able to share experience, strength, and hope plus a yoga practice taught by a certified Y12SR leader that's aligned with the meeting theme and designed to help release the issues in our tissues. All A's and those that have loved one's in recovery welcome. **Suggested donation based class:**

\$12 (if you are able), \$6 (can't keep what you have without giving it away), \$0 (you are always more important than your money).

Dance United

Date and location TBD

We invite you to a great event that supports children in our community through a fun night of dance! This event unites the largest fitness facilities in the Fargo-Moorhead area for a great cause - the United Way School Supply Drive. Featured dance instructors from Courts Plus, Family Wellness, and the YMCA of Cass and Clay Counties!

FREE for members and non-members with a donation

For more information, visit www.familywellnessfargo.org/fitness/group-fitness OR contact Karla, Group Fitness Manager at 701-234-6097, karla.hensrud-wagner@sanfordhealth.org.

WELLNESS PROGRAMS

Active Older Adult Programs

Walk This Way

Thursdays | 1:30 - 3:30PM

Walk This Way is a program designed to support individuals with memory loss or other special needs, and their caregivers who are choosing to use physical activity as a means to manage their symptoms and mental health. Family Wellness is providing support by offering free use of two designated walking paths at our facility every Thursday.

Free for members and non-members

Coffee Social

Thursdays | June 22, July 20, August 24 | 10:00AM - 12:00PM

Join us in the multipurpose room/lobby to enjoy a warm cup of coffee and chats!

Free for members

For more information, contact Karsyn, Community Wellness & Development Coordinator at 701-234-5996, karsyn.wendt@sanfordhealth.org.

Safety Education

Red Cross CPR/First Aid/AED Combo Class

Wednesdays | June 14, July 12, August 9 | 6:00 - 10:00PM

Fridays | June 23, July 21, August 18 | 5:00 - 9:00PM

Prepare for the unexpected and gain the knowledge and skills needed for effective leadership in the event of an emergency! This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving infants, children, and adults. Topics include how to recognize and manage an emergency situation, basic first aid, standard emergency care procedures and administration, CPR, AED, and more. After completion of this class, you will be certified for two years in Red Cross CPR, AED, and First Aid for adults, children, and infants. Ages 15+

\$70 members | \$110 non-members

Babysitter Training

Saturdays | June 3, July 22, August 5 | 8:00AM - 5:00PM

This nine-hour American Red Cross Babysitting Course is a hands-on way to learn everything you need to know about babysitting. Start your babysitting business on the right foot and learn how to be a safe, professional and reliable sitter. Included in the course is American Red Cross First Aid and CPR Certification that is valid for two years. This course will teach you to be safe on the job, how to recognize an emergency and how to handle it as well. Lunch is included and will be cooked by each participant in the class with the guidance of a Healthy Cooking Instructor. This class is for ages 10+.

\$90 members | \$120 non-members

For more information, contact Todd, Aquatics Manager at 701-234-6960, todd.peters@sanfordhealth.org.

Sanford Physical Therapy Screenings

Physical Therapy Screenings

2nd Tuesday of every month - June 13, July 11, August 8 | 9:00 - 11:00AM

4th Thursday of every month - June 22, July 27, August 24 | 4:30 - 6:30PM

Family Wellness is partnering with Sanford Physical Therapy to bring screenings to our members! Do you have a question or concern regarding one of your joints? Would you like to meet one on one with a Physical Therapist to screen your orthopedic issue? The therapist will give you guidance on next steps to improve your ability to move well. Our trainers will be on hand to assist with any future training needs. Limited individual 15-minute time slots. Register at the front desk!

Free for members

For more information, contact Matt, Fitness & Wellness Programs Manager at 701-234-7643, matthew.bauman@sanfordhealth.org.

SANFORD
HEALTH

PERSONAL TRAINING



MATT



NICK



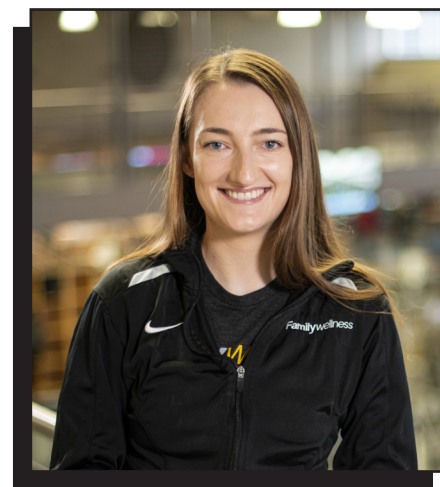
CHARLOTTE



ABS



GARY



PAIGE



SPECIALTIES INCLUDE

Athletes & Sports Performance, Boot Camps, Cancer Survivors, Functional Fitness, High Intensity Interval Training, Individuals with Limitations, Joint Replacement, Kettlebell Training, Senior Fitness, Small Group, Strength Training, Teen Fitness, TRX, Women's Fitness, Youth Fitness.

For more information and Personal Training rates, visit www.familywellnessfargo.org/fitness/personal-training OR contact Matt, Fitness & Wellness Programs Manager at 701-234-7643, matthew.bauman@sanfordhealth.org.

FUNDRAISING EVENTS

Inspire Wellness Initiative Upcoming Fundraising Events

As a non-profit organization, Family Wellness is dedicated to providing need based community wellness programming to help people **cook well**, **move well** and **live well** for life. Programs focusing on the 3 pillars, we aim to support all areas of wellness by inspiring and building healthy habits today to create healthy futures for tomorrow. Join our mission to inspire healthy lifestyles and make a lasting impact! See our upcoming fundraising events below or donate anytime at www.familywellnessfargo.org/inspire-wellness.

Food & Fitness FUN-Raiser

Thursday, May 18 | Scheels Arena | 5:00 - 8:00PM

Bring the whole family for food, live music, inflatables and fun; all while celebrating and supporting healthy cooking and wellness programs. We will also be joined by area chefs, restaurants and food trucks offering healthy samples and other fun dishes. During this event, we will get the opportunity to recognize our Junior Chef participants and announce the winner from our Kids Healthy Cooking Competition. All funds raised go towards the Inspire Wellness Initiative which funds need based community programs in our area.

Tickets are \$10 per adult (ages 18+) and FREE for children! Tickets are available for purchase online or at the Scheels Arena the day of the event.



Family Wellness Sand Classic

Friday, June 16 | Fargo Billiards & GastroPub | Sessions at 12:00PM and 5:00PM

Take the initiative this summer and join us for the Family Wellness Sand Classic (a 6 on 6 Adult Co-ed Sand Volleyball Tournament). Games will be played at the Fargo Billiards and Gastropub outdoor sand volleyball courts. All proceeds from the tournament will go directly towards Family Wellness' Inspire Wellness Initiative.

\$180/team (Max 10 players per team) | Registration deadline: June 1

For more information or available sponsorship opportunities contact Karsyn, Community Wellness & Development Coordinator at 701-234-5996, karsyn.wendt@sanfordhealth.org.

2960 Seter Parkway Fargo, ND 58104
701-234-2400 | familywellnessfargo.org



Familywellness
A PARTNERSHIP BETWEEN **SANFORD** HEALTH 